

# Student Wellbeing

First edition



## The survey said...

Last April our Year 7 and Year 9 students completed the Wellbeing Measurement Framework survey. The online survey asked young people about their general wellbeing, resilience and mental health.

But why did we do this? Well our school has committed to improving our student’s wellbeing, resilience and health so that they can have a better chance of success in life as well as in education. Our school has joined forces with Headstart Kent, funded by the big lottery, to introduce programmes and initiatives to support all of our students. Details of some of these are in this newsletter.

**1**  
**WE LISTENED TO YOU**  
 The survey you completed helped us decide what we need to put in place for our students.

**2**  
**WE TOOK ACTION**  
 We now have an Action Plan for the next five years.

**3**  
**WE HAVE TRAINED**  
 We have trained Staff and Students to be available to help you if you need some support.



### Peer Mentoring Training

We will be training students to become peer mentors.



### Youth Health Champions

We have trained a number of students to run campaigns in school.



### Staff Training

Staff will receive training on Resilience, Mindfulness and Mental Health First Aid.

## THE HOMEWOOD WELLBEING CENTRE

### Open to all students

The Homewood Wellbeing Centre is open at break time and lunchtime to all students at who require advice or information around wellbeing. It is also a quiet place for individual reflection.

We hope to achieve a relaxed informal feel where students can be comfortable and talk with others. Trained students will be on hand to help and advise. A member of the pastoral staff team will also be available if students need to speak to an adult.

During lesson times, the room will be booked to run various different wellbeing programmes. These include our Bereavement support workshop, Anxiety workshop, Taming my temper, Anger Management course, Mentoring, Healthy relationships and many more.

**“Trained students will be on hand to help or advise you every day”**



The centre will be used for signposting students to an appropriate person with whom to speak. This room will also be where programmes and workshops are run. It will also be used by our youth health champions to meet and plan their campaigns.

We hope students will use the room and feedback to us any suggestions moving forward. If anyone would like further information on any of the programmes we run, please contact your college office.

## WELLBEING FOCUS - PEACE BY PIECE

Peace by piece is our bereavement support workshop. This is not a counselling service but an opportunity for our students to remember their special person through craft. Half a day is spent making memory boxes, salt jars, bracelets, graffiti board, and much more. We finish the day with a Balloon release with a message to our person. Students can talk about their memories if they want to but some students just enjoy making things and having the opportunity to remember their person.

Feedback from the students is 100% positive and many return year after year. We also have a service of light every year in St Mildred's church where students make a Christmas decoration for their special person and then light a candle in remembrance of them.

